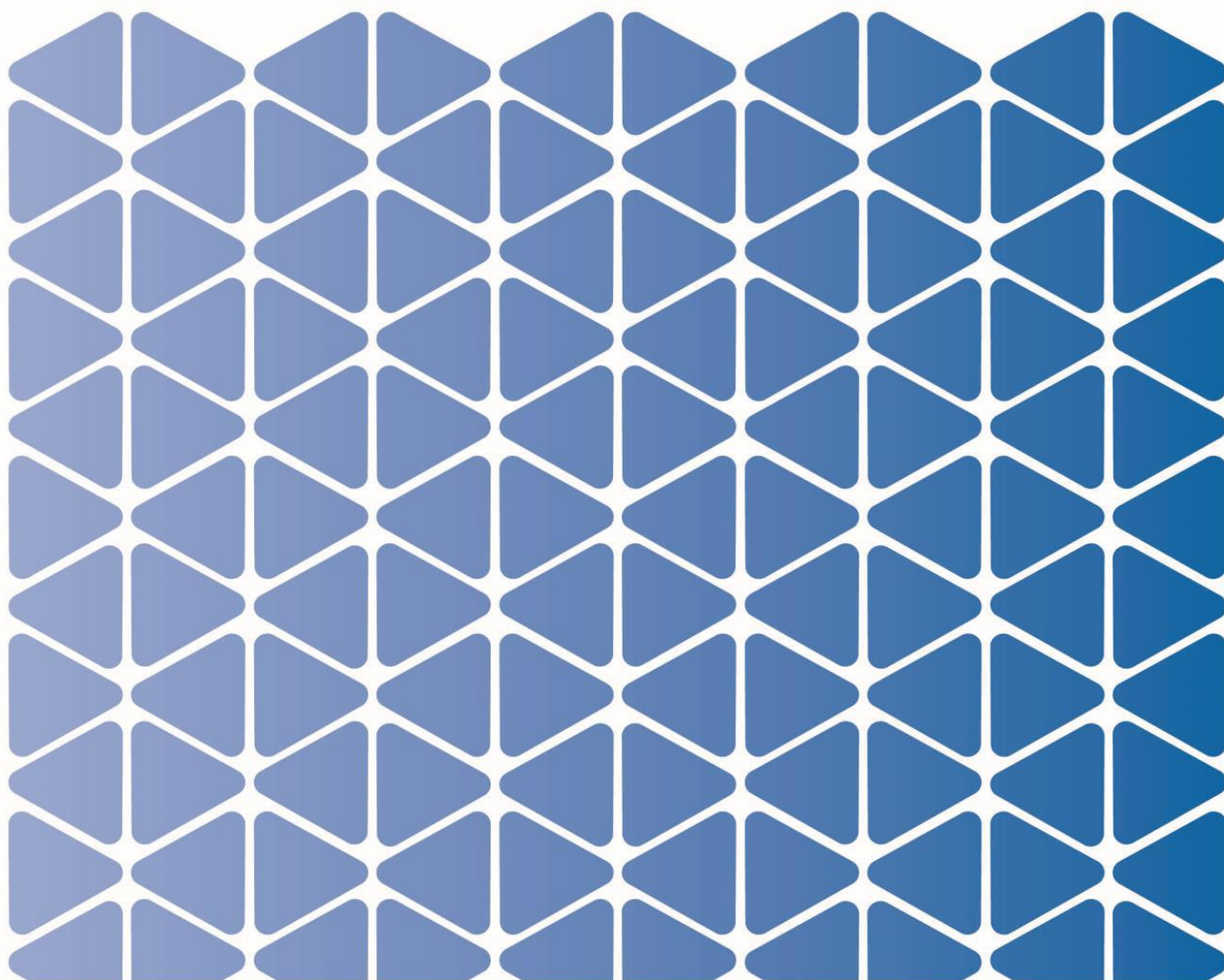


PATIENT INFORMATION

# STRENGTH AND BALANCE EXERCISE PROGRAMME

For Older People to Improve Postural Stability



Name.....

Date.....

Therapist.....

## **Welcome to the Programme**

This booklet has been designed for use with advice and support of a therapist. Your therapist will identify which exercises are appropriate for you.

## **Benefits of exercise**

By maintaining your exercise programme you can improve:

- Balance
- Muscle strength
- Mobility
- Functional Independence
- General fitness and well-being

## **When and how to do the exercises**

You need to do the prescribed exercises at least three times each week. You can divide the exercises up. They do not all have to be done at the same time.

Between each set of exercises take three deep breaths. During the exercises make sure you maintain an upright posture.

## **SAFETY**

**Never exercise holding onto an object which may move, for example a chair. Always use the side of something stable like a kitchen work top or solid table unless otherwise instructed.**

If illness stops you from maintaining the exercise programme contact your therapist before starting again.

**Contact your GP if while exercising, you experience:**

- Dizziness
- Chest pain
- Shortness of breath (you are unable to speak because you are short of breath)

**After Exercise**

You may feel a bit stiff after your first start to exercise. This is quite normal. It is because you are using muscles which may not be used to the exercise. It is important that you keep on exercising. The stiffness will reduce as your body becomes more familiar with the exercise.

**Other forms of exercise**

Walking is an excellent way to enhance fitness. Your therapist will advise you on a daily activity and walking programme. If you have any questions about the exercise programme please do not hesitate to telephone your therapist.

## 1. ANKLE MOVEMENTS



- Sit upright in your chair with your back well supported
- Point the foot down then pull the foot back towards you
- Repeat\_\_\_\_\_ times with each foot

Date	Comments

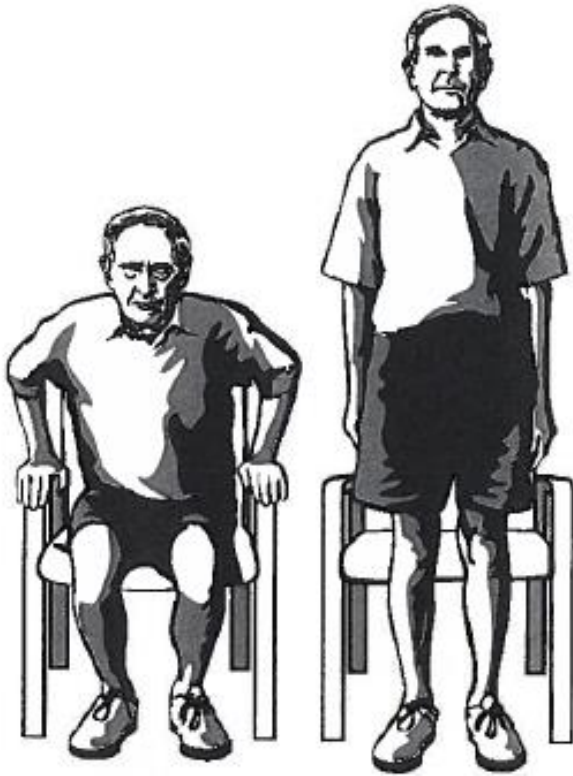
## 2. FRONT THIGH STRENGTHENING



- Sit on a chair with your back well supported
- Straighten the leg out
- Hold for \_\_\_\_\_ seconds
- Lower the leg
- Repeat \_\_\_\_\_ times

Date	Comments

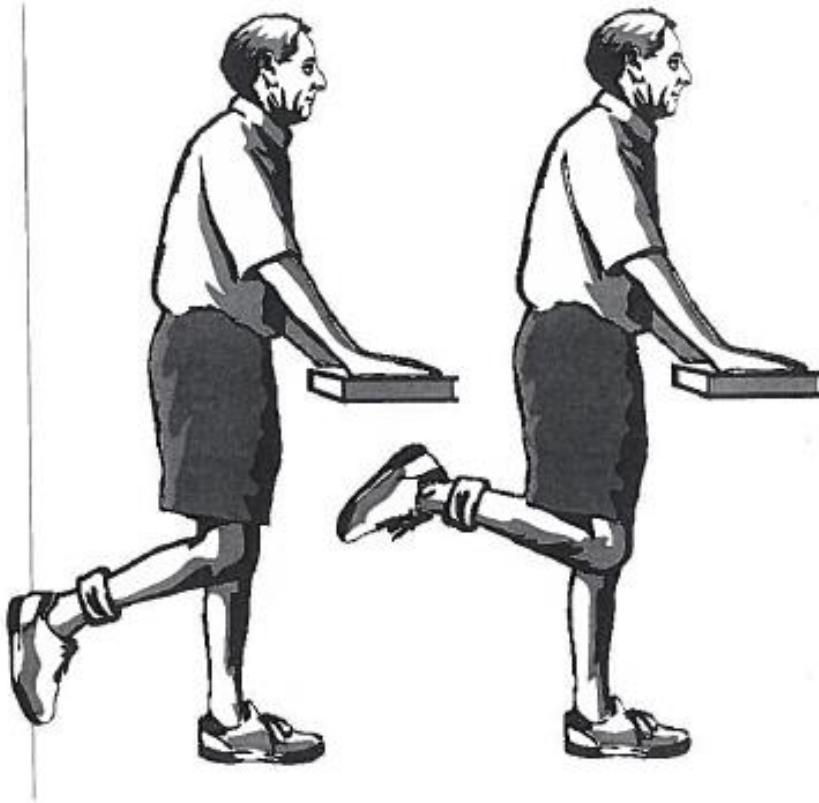
### 3. SIT TO STAND



- Sit on a dining chair
- Bring bottom forwards
- Place your feet flat on the floor, as far back as possible
- Lean forward over your knees
- Push off with both hands to stand up
- Return to sitting
- Repeat\_\_\_\_\_ times

Date	Comments

#### 4. BACK OF THIGH STRENGTHENING



- Stand tall with both hands on a solid surface
- Bend the knee, bringing the foot towards your bottom
- Hold for \_\_\_\_\_ seconds
- Return to the starting position
- Repeat \_\_\_\_\_ times

Date	Comments

## 5. SIDE HIP STRENGTHENING



- Stand tall besides a solid surface
- Hold onto the surface with one or both hands
- Keep the leg to be exercised straight and the foot straight forward
- Lift the leg out to the side and return
- Bend the knee, bringing the foot towards your bottom
- Repeat\_\_\_\_\_ times
- Turn round to repeat with other leg

Date	Comments



## 6. CALF RAISES



- Stand tall facing a solid surface
- Hold onto the surface with one or both hands and look straight ahead
- Keep your feet shoulder width apart
- Come up onto the toes
- Lower the heels to the ground
- Repeat \_\_\_\_\_ times

Date	Comments

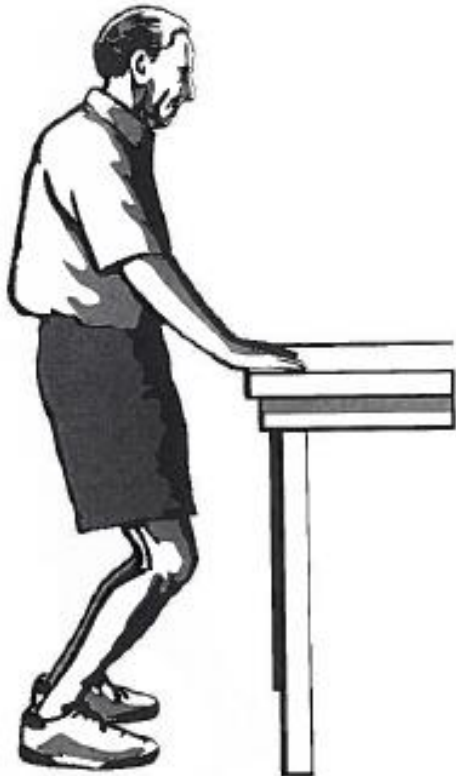
## 7. TOE RAISES



- Stand tall besides a solid surface
- Hold onto the surface with one or both hands and look ahead
- Keep your feet shoulder width apart
- Come back onto the heels, raising the front of your foot off the floor
- Lower the feet back to the ground
- Repeat\_\_\_\_\_ times

Date	Comments

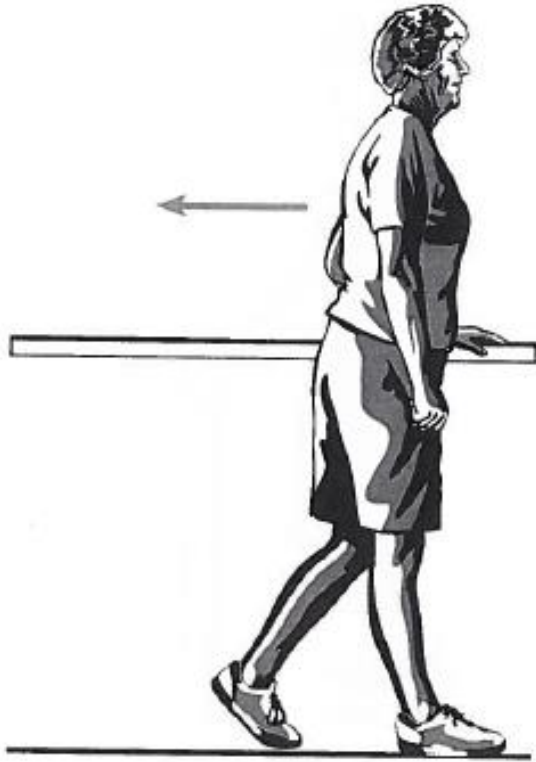
## 8. KNEE BENDS



- Stand tall with both hands on a solid surface
- Place your feet shoulder width apart
- Squat down halfway, bending your knees
- The knees go over the toes
- When you feel your hands start to lift, straighten up
- Repeat\_\_\_\_\_ times

Date	Comments

## 9. BACKWARDS WALKING



- Stand tall and hold onto a solid surface
- Walk backwards 10 steps
- Turn around and hold on with the other hand
- Walk backwards 10 steps to the beginning
- Repeat\_\_\_\_\_ times

Date	Comments

## 10. SIDEWAYS WALKING



- Stand tall and place your hands on a solid surface or on your hips
- Take 10 steps to the right
- Take 10 steps to the left
- Repeat\_\_\_\_\_ times

Date	Comments

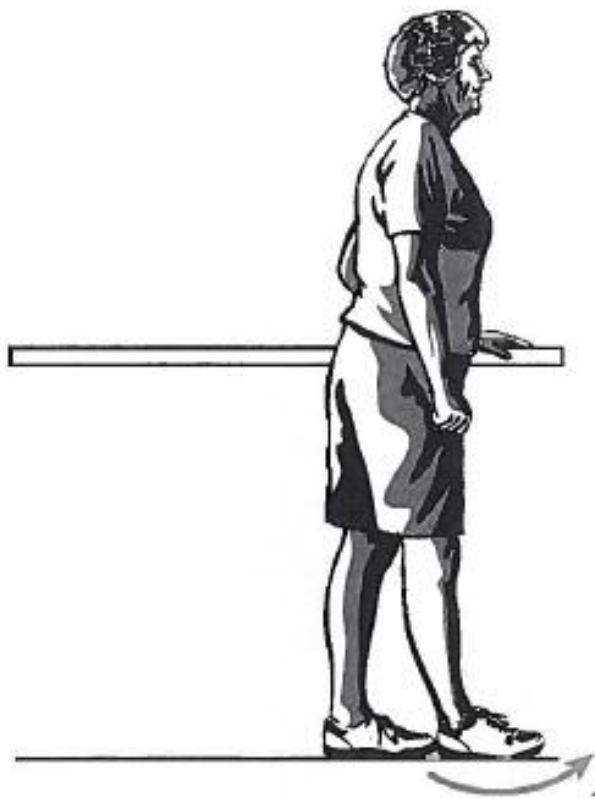
## 11. HEEL TOE STANDING



- Stand tall and beside a solid surface
- Hold onto a surface and look ahead
- Place 1 foot directly in front of the other foot so the feet form a straight line
- Hold this position for 10 seconds
- Change position and place the foot behind directly in front
- Hold this position for 10 seconds

Date	Comments

## 12. HEEL TOE WALKING



- Stand tall beside a solid surface
- Hold onto a surface and look ahead
- Place 1 foot directly in front of the other foot so the feet form a straight line
- Place the foot behind directly in front
- Repeat for 10 steps
- Turn around
- Repeat for 10 steps

Date	Comments

### 13. ONE LEG STAND

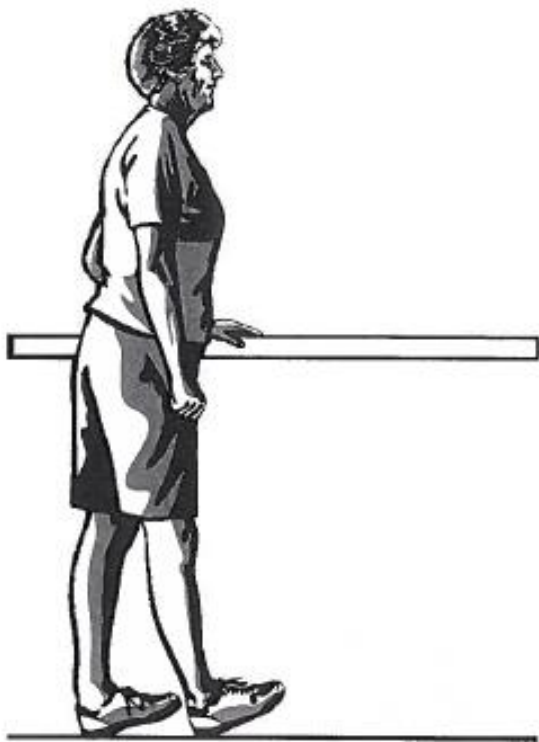


- Stand tall beside a solid surface
- Hold on with one or both hands and look ahead
- Stand on 1 leg
- Try and hold this position for 10 seconds
- Stand on the other leg
- Try and hold this position for 10 seconds

Date	Comments



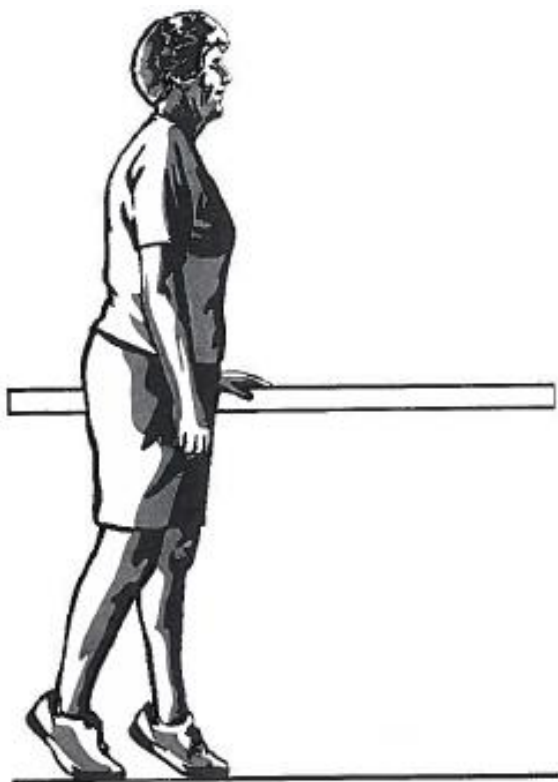
## 14. HEEL WALKING



- Stand tall beside a solid surface, hold on and look ahead
- Come back onto your heels, raising the front of each foot off the floor
- Walk 10 steps on your heels
- Lower the feet to the ground and turn around
- Walk 10 steps on your heels
- Repeat\_\_\_\_\_ times

Date	Comments

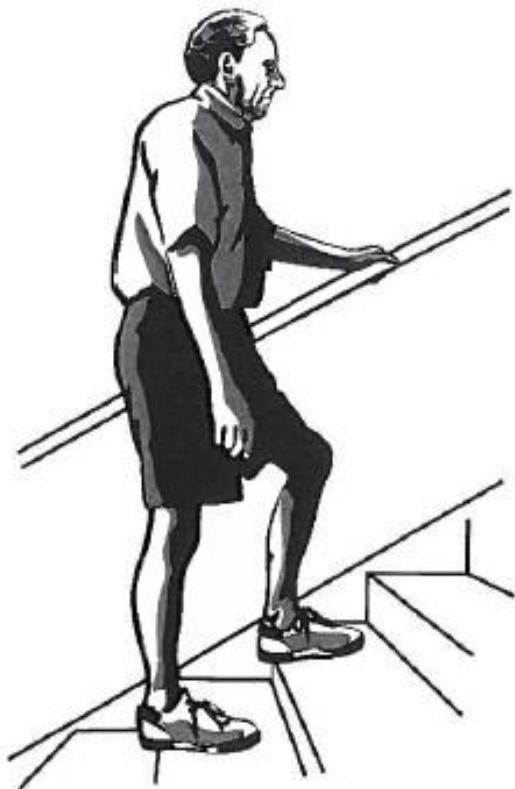
## 15. TOE WALKING



- Stand tall beside a solid surface
- Hold on and look ahead
- Come up onto your toes
- Walk 10 steps on your toes
- Lower the heels to the ground and turn around
- Walk 10 steps on your toes
- Repeat\_\_\_\_\_ times

Date	Comments

## 16. STAIR PRACTICE



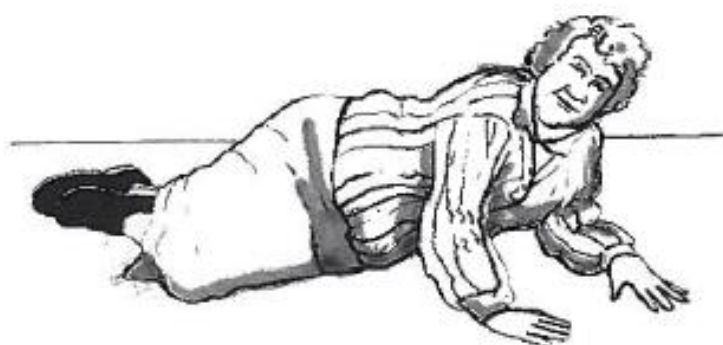
- Use the bottom step only
- Hold onto the hand rail
- Step up onto the bottom step with one foot, then bring up the other foot
- Step down with one foot then the other
- Repeat leading with the other leg
- Repeat \_\_\_\_\_ times

Date	Comments

“I’ve had a fall”



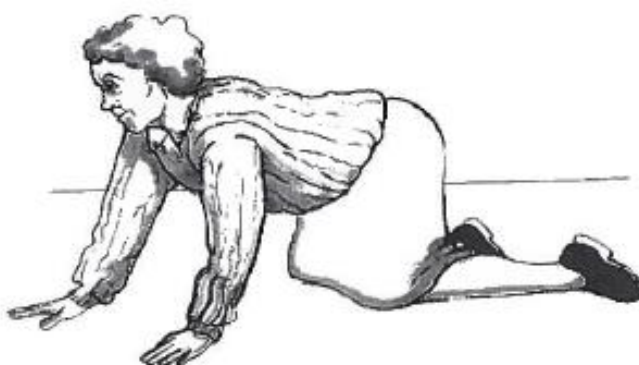
“I can get up.....”



Ease yourself up onto your elbows

Move onto your hands and knees.

Crawl to the nearest suitable furniture e.g. bed, firm chair





Hold onto a firm surface to support yourself

Facing the chair ease yourself to a standing position



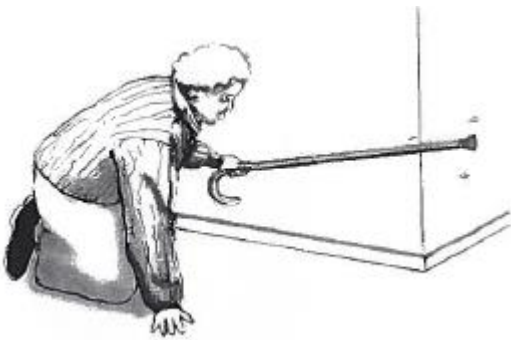
Turn yourself gently and sit on a firm surface

Always tell your GP or health profession about your fall

“I’ve had a fall”



“I can’t get up.....”



Can I attract someone?

Shout and bang something

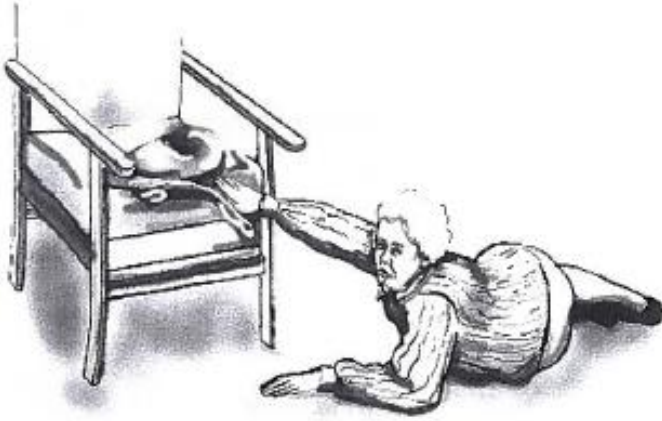


Press your pendant alarm or  
use the telephone if you can



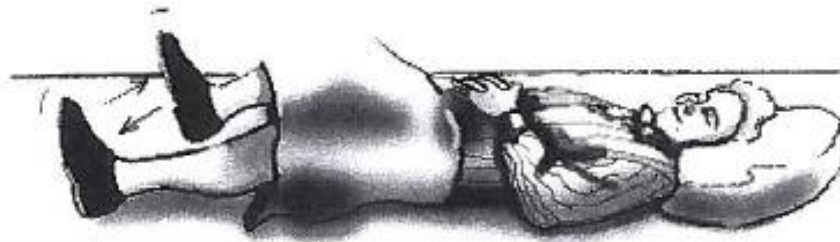
Can I get comfortable?

Find a nearby pillow or cushion  
or used rolled up clothing for a  
pillow



Can I keep warm?

Cover yourself with clothing, tablecloth or a rug

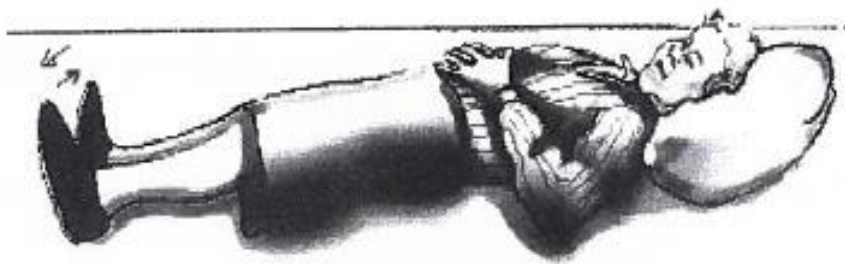


Can I keep moving?

Move position to avoid getting pressure sores.

Move your joints to avoid stiffness and help circulation.

Roll away from damp area if your bladder 'lets go'.



Always tell your GP or health profession about your fall

This document had been produced jointly by the Physiotherapist Departments of the  
Worcestershire Primary Care NHS Trust and Worcestershire Acute Hospitals NHS  
Trust

If you wish further information, please contact:  
Community Physiotherapy, Kidderminster Hospital  
Tel: 01562 513238

Physiotherapy Department, Evesham Community Hospital  
Tel: 01386 502464

Physiotherapy Department, Worcestershire Royal Hospital  
Aconbury West  
Tel: 01905 760187

[www.worcestershirehealth.nhs.uk](http://www.worcestershirehealth.nhs.uk)



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.